

Hello Pain Peeps Peer Support Group Agreements

To help keep this space safe, respectful, and supportive for everyone, I ask all participants to honor the following agreements:

1. Confidentiality

What is shared during our time together stays in the space. Please respect the privacy of others.

2. Crisis Support

This is a peer support space and is not able to provide crisis or emergency support. If you are experiencing a mental health emergency or having thoughts of suicide, do not attend group. Please seek immediate help by calling or texting 988 or call 911.

3. Respect and Inclusion

This is a compassionate and inclusive space. Everyone's experiences, backgrounds, and perspective are welcome. Please treat one another with kindness and respect.

4. One Person Speaks at a Time

To help everyone feel heard, please avoid talking over others. If you would like to share, please raise your hand and I will call on you.

5. Sharing Is Optional

You are always welcome to share, but there is never pressure to do so. Listening and being present is also a meaningful way to participate and support others.

6. Stay on the Topic of the Day

Each group will have a focus or educational topic. Please keep comments related to that topic so the conversation stays helpful and balanced for everyone. This is not a space to discuss politics, religion, medications or engage in criticism of individual healthcare providers.

7. Camera and Movement Sensitivity

When possible, please keep your camera on. Seeing one another helps create connection and community in the group. If you need to get up and move, please turn off your camera while doing so as some experience sensitivity to visual movement.

8. Supportive Peer Space

This is a peer-led space. We share experiences, tools, encouragement, but we do not provide medical advice or professional counseling.

*****This is a peer support space and is not a substitute for medical, mental health, or professional care. Those who participate are responsible for their own health decisions and are encouraged to consult their healthcare providers for medical or mental health advice.**